Lester Levenson Retreat

[Speaker 1] (0:06 - 2:39)

My objective today is to get each and every one of you to understand what this thing freedom is. The actual experience of the state I cannot give to you, nor can anyone in words. It is so far beyond words, it is so far beyond mind, the only way to know what it is, is to be in it.

However, from where you are you should intellectually understand what it is, what you are like before it, what you are like after it. And I will do everything within my power to get that understanding across to you. And if it doesn't happen in the next hour or two, you'll have me available to help you understand it out at the places we're going to.

So, if you have any questions that are not answered here, or that come up later, ask me later on. How many feel that they know what the state of freedom is? Just raise your hand.

You've got three hands. Three hands. One, two, three, four, five.

All you've got to do is wait and you'll all be there. How many feel they do not understand what that high state of freedom is? For that reason, I've put it on paper and would like you to copy it so you can refer to it in the future.

[Speaker 2] (2:46 - 2:47)

What?

[Speaker 1] (2:48 - 12:57)

No, no, no. I'm just going to talk about it. I'll give it to you and you'll copy it.

Flip chart here. The ultimate state that everyone is seeking and will never be satisfied until he or she achieves it is simply the I of you. When you say I with nothing added to it, that's it.

Just keep saying I, I, I, I, I, I, I, I, I. That's it. And when you say am, that still is it.

I am, I am, I am, I am. But the moment you say this, that is not it. When there's only I and there's no this or that, that's the state.

So this state we are all trying to achieve, we already are. And it is the I of us. Okay, so what's the problem?

We have over eons accumulated the concept via our mind that I am this body. We go from unlimitedness right down to the most limited state possible unto any being in this

universe, being just a physical body. Now, in the after picture, do you see the physical body?

Yes, you do. But the difference is this. In the before picture, you think the physical body is you.

In the after picture, the physical body is in you. And it's only a small part of you. So there's no sudden disappearance of the body dying or going out in a flash of light or anything like that when you get the ultimate realization of what you are.

What changes is your view, your perception, and your attitude. Point of view and attitude are the two things that change when you go free. There is no reason why you should fear going free.

But every one of you does fear going free. And were it not for that, you already would have been free using the method. But you release in bits because of a fear that some of you see and some of you don't.

Because if you release totally, you go free. And the fear is you will die. You will lose the consciousness.

That's what's holding you back. That's what's behind your resistance. I will die if I give up my feelings.

Now, the reason for that is that we originally put these feelings in for survival of the body. All our feelings were put in as pro-survival. You've heard the one, fight or flight.

Well, starting at the bottom, in apathy, if I roll up in a ball in a corner, they won't touch me. Animals do that sometimes. They'll just play dead.

We feel if we play dead, they won't kill me. Grief is wanting someone, like Mother, to come along and say, Oh, everything's fine, and pat you on the back and on the head. Anger, I think you know what that is.

I don't feel like going through all of them. Do you need every one of them? Anger is if I take some action, I will survive.

Courageousness, you take it without any forethought, with ease. Acceptance, the world is not rough. It's A-OK, you don't have to fight it anymore.

In peace, you're imperturbable. No more struggle. But all these feelings were put in as pro-survival.

And if you don't see it consciously, unconsciously you feel. If I let go of my feelings, I will die. If you will see the stupidity of it, you might let go of wanting to hold on to these feelings.

Although they were put in as pro-survival, every bit of them are anti-survival. They are trying to behave now as things have been in the past. And right now it's not like it was in the past.

And so our behavior is very inefficient, very unappropriate. So it behooves you to let go of these feelings, to get into the nowness of things. And the only way you can be in the nowness of things is by having no feelings.

Because feelings are habits from the past on how to survive as a body. Being applied in the nowness of situations which it does not fit. Because we've been rejected in the past, we now feel as though everyone is rejecting us.

We have to fight for approval. This is only from the past. That you have these feelings and they do not apply nor fit now.

So the reason why you have resistance to going free is because you fear that if I let go of my feelings, I will die. So how do you overcome that? By being smart, seeing what I'm telling you.

You see how asinine it is to hold on to these programs from the past. And ask yourself, how smart am I holding on to this stupidity? You see what I'm doing to you now?

I'm using your ego to undo your ego. There's nothing we can do about the ultimate state. We have to undo the limited state, the state of the ego.

So be smart, go free. But be careful, because when you go free, whatever thoughts you put in your mind materializes instantly. God help you if that happens to you.

You're going to have everything you want instantly, with no effort. It reminds me of a term that Werner Erhard used, but I'm too dignified. Your A.H.'s for not taking that state. Every one of you could have had it by now, should have had it by now.

[Speaker 2] (13:03 - 13:04)

It's such a joke.

[Speaker 1] (13:09 - 23:20)

And each one will see what a tremendous joke he or she has played upon himself or herself. When you see this picture, you'll laugh your head off. It is so set that my thinking determines everything in this world.

And look how I'm thinking now, living through tremendous effort. When all I would need to do is just have the thought and the thing would be there. Exactly like in the dream world.

Whatever you think in the dream world is, I mean, that's part of the top state, of the free state. You can think and instantly have whatever it is. I remember when I first saw that, I wasn't free.

I saw my thoughts and I held my head for hours trying to stop the thinking. There was so much negativity there. The thoughts were going right through my head and right out into the world and I couldn't stop them.

So I resolved. To work as rapidly as I could to undo that negativity. Knowing it was motivated from my feelings.

But be careful. You go free. Everything is gotten effortlessly for the mere thought of it.

Okay, how smart are you now, the way you're living your life, when that could be? Get smart. When you resolve to go all the way, then you'll do it.

Step one is not in fully for all of you, otherwise you would have been free by now. It only takes months to undo the totality of the garbage if you make it continuous. But it takes step one before you can do the other steps.

You must want this freedom more than anything else. You must want this freedom more than life itself. That's the way you have to feel.

Not, well, it's okay now, but I still want my bread and cars and so forth. There's nothing wrong in having things. You should have everything.

Because it only requires thought. And if you do not have an abundance, it shows that subconsciously you think, I cannot have. That's why we give out the gold charts.

To bring up your aversions to this world that you cannot have. So that the world will drop into your lap with less and less effort as time goes by. Until you realize it's effortless.

Once your anti-thoughts and feelings are out. The best practical example I know of freedom is really the dream life. If you dream you're in New York, you're in New York and you're in action there.

The next moment you dream you're in Los Angeles, that moment you're in Los Angeles. If you're hungry, you immediately dream there's food on the table in front of you. Whatever you think is right away in your dream life.

And that's the way it should be in the waking state. Now after you can think and have whatever you want. After you master this world and it's necessary in order to go free.

Freedom is a state of no limitations. Which means you can have anything and everything in this world. Your next step is to master your body.

Mastering the body requires getting away from patching it. Patching, P-A-T-C-H-I-N-G, patching it. You go to a doctor and he fixes this finger.

Then something else goes off and something else goes off. Mastering the body is knowing that you are master over it. That you created it and that your thought determines it.

You cannot have a disease in the body without holding the blueprint for it in the mind. So you first master the world. Then you master your body.

And the final step is mastering your mind. When you master your mind and you're in control of it, you just quiet it. And just behind the quietude of the mind is the I that you really are.

If I ask you whose body is it that you have, you will say mine. Okay, who are you who has that body? Get to know that one.

You are not the body. You have the body, the body is in you. If I ask you whose mind is it that you have, you would say mine.

Okay, who are you who has that mind? That's the real you. Now the real you is whole, perfect, eternal, omnipotent, omniscient, omnipresent, always was, is now, and always will be.

There's only one thing keeping you away from seeing that, and it's called thought. When your mind is quiet, what I'm saying to you is very self-obvious to you as to what you really are. When the mind is quiet, no thoughts, then you cannot help but see what it is you are, this unlimited being.

Okay, what makes the mind not quiet? One thing only, feelings. All the thoughts you have are motivated by feelings.

If you don't see it now, work on it later. All your thoughts now are motivated by feelings. If you can lift your feelings out, your mind is quiet, and you are what you are, an unlimited being.

It's simple, and even though I get antagonism on this, it is simple. Why you are that right now, and all this repressed feeling, all of it, is trying with tremendous energy to expend itself, and you're using that much energy, but, to hold it down.

[Speaker 2] (23:23 - 23:24)

A-H's.

[Speaker 1] (23:26 - 40:39)

Uh-huh. You'll get to see it soon. A-H's.

A-J's. But all the suppressed feelings are trying with tremendous energy to get out, and you're unconsciously sitting on it, holding it down, because it's pro-survival. So I say it's easy to go free.

It's simple. Rid yourself of your feelings, your mind goes quiet, everything is obvious to you. Okay, what is it you discover?

That there never was anything but I, all alone. I am the totality of this universe. I am the beingness other, which is right behind the manifestation.

That the real I is that, untouchable. I'm coming into this chart now. I use this chart so I don't leave anything out.

The I I've been talking about is symbolized by the circle of infinity. I am the infinite beingness of this universe. All-knowing, all-powerful, and also everywhere present.

That's the real I that each and every one of us is. Now, has been, will be. It has no limits.

When you see your omnipresence, you can take a look-see anywhere in this universe and see what's going on. You can take a look-see in the center of the earth. You can step into the sun right in the middle of it and see what's going on.

And if you're interested in that, you'll do it. Now this is the real you. And it's called beingness.

And this is where you started. This is where you originated. Right there.

Then you set up a vehicle, an instrument called mind. Which is a reflector of parts, of multiplicity, of divisions, of separation. Up here, you see only yourself.

In everything, everywhere. When you go free, that's what you're going to see. Everyone is me.

Every atom in this universe is me. What you will see. When you see it, it's your knowledge.

But this I, the real I of us, sets up a thing called mind. For separation. For action.

And that starts the downward trend. In order to be separate, we have to set up a mind and an individuality feeling. That I am separate from the oneness.

Therefore, I am a Lester. And I have a mind. And at first, the mind creates very subtle bodies.

Then denser bodies. Then the densest body, the physical body. So then we have a little

circle down here of bodies.

So we come from this infinite beingness down to a tiny point called body. You can't be more limited than you are now as a physical body. There is no further downward trek for you.

The only way left now is to go back up. But you're fortunate. Because we're at the bottom here, the incentive to get out of the confinement is so great that you're fortunate.

Because we're at the bottom here, the incentive to get out of the confinement is so great, any one of us could go straight to the top in this lifetime, in a few years, or in a few months. As you choose. The choice is up to you.

So it's a tremendous advantage to be in a physical body. You have no idea the numerous people in this universe who are trying to come in through physical bodies on our planet. And at every conception, there's thousands trying to come through.

Usually only one makes it. Because on the other side, they know that here is the greatest opportunity for going free. You're lucky.

It's a tremendous advantage to be in a physical body. I think it's the worst disadvantage to try to hold yourself in a physical body. And that's what everyone's doing.

Your whole life revolves about waking the body up, dressing it, pampering it, sending it off to work, so it can make some money, so it can put some food in it, drop the food in you, so you can go on in the physical body. The body is nothing but a garbage-making machine that everyone knows doesn't go on. And like good A.H.'s, we're all trying to make it last indefinitely. And now some of you are getting glimpses of moving up as you release. Especially right after a release. You get experiences of your beingness.

A mind involved in doing this. Virginia will give you a scale of action. In a much better presentation, I'll just give you the three words.

In the state of identifying with the I of us, we're in a state of beingness. When we identify with our mind, we're into doing this. When we identify with the body, we're into having this.

Wanting to have more and more and more. You're in your highest state of being, in the most delightful place to be. Sometimes after a good release, you move into that state of beingness.

But the remaining garbage doesn't allow you to stay there. Because the remaining garbage is trying to protect this body. And you're sucked right down into the body consciousness.

If you're identifying with your mind state, you're into action. You're identifying with the body. You're into having this, wanting to have this.

If I only could have that, that would make me happy. Now it's possible to vary from one state to the other. Most of the time you're here.

Much less of the time you're here. And you're on occasion here. You're here much more than you know.

But you're in such a habit of identifying with the body, you discount it. And you're feeling high. With no thought.

That's it. But you quickly let go. Come down to the body and wanting to preserve, protect, do something for it.

So you do experience a free state. In fact, you're experiencing this top state all the time. You say, I, that's it.

That isness of you is the top state. But then you immediately say, am this body with all its needs. And you're in trouble.

You say, I, the infinite being, am this body with all its limitations. And you're sucked right down to the body. But everyone, in every moment, feeling the beingness.

Otherwise you feel dead. But all the time, using the mind to protect the body, via the feelings. It is so simple.

Rid yourself of your feelings, and you're up here all the time. Mind is the instrument of separation. It separates things.

It separates us from the others. And when there's no more mind, no more thought, you're in a state of oneness. Somebody knew something when they used the word I.

The closest word for God is the word I. And if you'll notice, the I is the number one. And the God state, the ultimate state, is the oneness state.

Where you will see everything as you. As your very own self. And that's all there ever was.

And that whole world out there is just a projection that you projected out there via your mind. Just like a movie projector projecting on a screen. The mind is the projector.

But you're the operator of the projector right behind it. And then you project everything through the projector onto a screen. And then you see people, armies, wars, dying, floods, fires.

But nothing ever happens to that screen. And that screen is the I of you. This whole

world is imagined.

You can only see it in your mind. Put your mind to sleep, the world's gone. Don't wake up, no more world.

[Speaker 2] (40:41 - 40:43)

And it's possible to do that.

[Speaker 1] (40:47 - 50:24)

The world is only in your mind. What you've lost sight of is that you projected it out there and that right now it's a sum total of all your thinkingness, most of which is subconsciously held in your feelings. In the after picture, you'll still see the world, but you'll know it for what it is.

It's like an oasis on a desert. You'll see the illusion of water. And when you go to the water and find out it's sand, and you walk the desert again, you'll still see the oasis.

But the after picture is you don't go there to drink. And you see the truth of this world. You won't dip into the world to drink because all the water there is is right in your beingness.

All the happiness that you think you're getting from the world is only when you are being you. You let go of the agony of the desire for it, you fulfill it. That moment your mind goes quiet and you move up into your beingness, and that's what you call happiness.

The only thing that happiness is, is your being your beingness. Once you catch that, you'll stop chasing rainbows in the world. You'll stop chasing that parrot like the donkey does.

They hang over his head all day long. He walks around a circle driving a pump or something. That's what we're all doing in this world.

We're donkeys, S's, A-H's. Struggling so hard with such effort to get that which we can have in mere effortless struggle. And why do we want it?

So we can feel our beingness, which we could in the first place, and don't have to go chasing after it. So in this ultimate state, when you get there, your point of view changes. You'll see the oasis, you'll see the world going on.

But you'll watch it, just like you'd watch a movie of it. You become the witness of the world, knowing it's just a dream illusion, like an oasis. You'll know that your ultimate happiness is just your identifying with your beingness.

And then you make a choice to just stay with that only, or to come back to the world and

try to help the others discover what you've discovered. The majority of people will go free, I think. Go into caves, or live a life.

You can do it in New York City. For years I sat in a hotel room in New York City. The moon came out between 2 and 5 in the morning.

And just sat, and would eat, and eat, and eat. Of course the body was there. I let it go on.

I fed it. I would shop for groceries 4 o'clock, 5 o'clock in the morning, because there'd be less people around. New Yorkers' stores were open all night.

But you can actually isolate in New York City, in Manhattan, in Times Square. Because isolation is not going off to the mountaintop. Isolation is quiet in Detroit.

And that's the only place you can get isolation. I would never recommend people going to the mountaintop, the desert, and so forth. I know from experience what happens.

You'll just escape, escape, escape, all your aversions to the world. The very best place to be is right in the world. It'll constantly bring up your aversions to it, until you eventually let them go.

So when you reach this top peak, you don't disappear. Your point of view changes. You see the world as an out-projection of you, like a moving picture.

And you watch it that way. And the feeling you have is a very deep, intimate peace. An imperturbability in which no one can disturb you again.

No thing can disturb you. You might play at it, if you want to communicate with others. But nothing will ever disturb you once you reach it.

And when you reach the top, you don't have to worry about being sucked back into the world. Because by comparison, the world is all hell. And this top piece is the greatest of heaven.

So you're not going to give up the greatest heaven for a living hell. People say, is there a hell? Of course there is.

It's this world. And I'm telling you, if it's world, it's no good getting kind of old. If it's world, it's no good.

If it's the being that's behind the thing in the world, it's all good. And no good is the manifestation, the limitation, the freezing of energy into what we call form. The all good is the formless, energyless, effortless top state.

There is no energy in the top state. It's beingness. Being the infinite beingness.

The top state is your beingness. When you identify with your beingness, as being the total beingness of this universe, that's what you're aiming further on. Your identity as being this being, the total beingness of the universe, is the ultimate state.

And again, the world doesn't disappear, but it becomes that oasis that you thought had water in it. You have now found out it's dry. Yeah.

Your mind is your mind. You're going into it intellectually. Whose mind is that?

Okay. Who are you who has that mind? Stick to that.

See, if you give me any senses, like universal mind, individual mind, and start to spin down, it's just words. It doesn't mean anything. Your mind is meaningful to you.

Universal mind means nothing. I'm sticking you to you where it's meaningful. I'm holding you to the word I.

Everyone feels I. And that I is the unlimited being that you are.

[Speaker 2] (50:27 - 50:30)

So the screen also has no end.

[Speaker 1] (50:33 - 50:50)

It's dead. Well, it's dead to action and form. If form disappears, it's just a screen.

There's no action there. And that's the real deal.

[Speaker 2] (50:50 - 50:53)

The dimensions disappear. Right.

[Speaker 1] (50:53 - 51:07)

Dimensions are limitations. You're part of the screen. Right.

Limitation. And you're unlimited. You're the total beingness of this universe.

And then if you put a dimension on it, you're limited.

[Speaker 2] (51:16 - 51:26)

But if there's something that, once they go free, what do you mean they won't come back?

[Speaker 1] (51:32 - 51:58)

Well, they never leave. But they'll meander into a cave or an isolated spot because they

see the unreality of the world and the fruitless struggle. And the world doesn't want to hear what they have to say.

So they don't want to disturb the world. So they move away from it. It's not for their own benefit.

It's for the benefit of the world that they move away.

[Speaker 2] (51:59 - 52:00)

And why do they stay?

[Speaker 1] (52:03 - 56:19)

Because where they are is the ultimate place. And they'll stay right there. They don't see themselves as a body.

Usually. Now, it makes it kind of peculiar. I remember when I first hit it, I couldn't use the word I anymore.

But I would talk about Esther. Him and it. And when I first began talking to groups, they'd say, you're a teacher.

I'd say, no, I'm not. Yes, you are. No, I'm not.

I was adamant. I was not a teacher. I wasn't teaching.

I wasn't a body talking to them. I was my being this moment. Now, to them, it was the way they saw it.

But this is one reason why a person goes free to be isolated. So as not to intrude upon people. That was the reason why I left New York and went to Sedona.

I saw people were annoyed with my being this. Oh, wipe that smile off your face, that's what I used to hear. I didn't even know I had a smile.

And I don't think I did. So I took me out of society and parked, sat with myself from 52 to, I guess, 61. But occasionally went out.

Did talk to groups that would form overnight. I'd go to Los Angeles. That night, a group of 25, 30 would get together.

And every night while I was there, another group would go. I'd just go from group to group and go back to my place in Sedona. And only sit and do.

And occasionally go out and talk. Not only to Los Angeles, but to New York. I'd go to New York, too.

And a few times found myself covering the country. North of New York City, Cleveland, Chicago, other cities, Indianapolis. It would all happen.

And then I'd retreat again. So I did move out. I didn't totally isolate.

But from 52 to 61, only because I was in position to find people. Faithful. The only way out of this world is through it.

We retrace our steps out. Master the world first. Which means being successful in the world.

With ease. Without a struggle. And then doing it to the body.

And mastering the mind is ridding yourself of your feelings. That's what makes you a master of the mind. After that, any thought you put into the mind materializes.

I've got to get a pun in there, see. I am the master fader. I'm trying to fade you into going free.

What does mastering the body mean?

[Speaker 2] (56:22 - 56:23)

What was the question?

[Speaker 1] (56:24 - 59:27)

What does mastering the body mean? Instead of having a sick body, have a perfectly healthy body just for the thought of it. After which, if you don't identify with the body, it can be in severe pain, you know it, and it bothers you a lot.

Or, it can be in severe pain and you can choose to feel the pain and it doesn't bother you. Is that mastering the body? Or is that mastering the mind?

It's the body. It's the question of working on the body. Okay, what happened to me in 52 after sticking with the molecular theory from the twenties on intensely, I suddenly see the picture of energy.

Matter is only energy frozen at a point. This cup has more energy in it than our present hydrogen bomb. But there's tremendous spin going on in clusters that are sticking together in this form.

Matter is frozen energy. Energy turns out to be our minds in motion. And when we quiet our minds, there's no more motion.

There's just ignorance. And the point of view of this is ignorance. Everyone else sees motion.

Everyone else sees form. You see only yourself, your things. Not if you're at the top stage.

You've got to come down to see it. Yeah. When you come down and you see it, you know it for what it is.

And you don't forget the truth once you've really been there. Once it's cleaned out, you can act as though it isn't. But you cannot forget that it is.

[Speaker 2] (59:31 - 59:40)

That's the point that we keep holding that this world is no good. Yeah, that's the point.

[Speaker 1] (59:40 - 59:48)

I'd get killed for that. It's the same line as saying, use the world, get out the world, cleanse the world, and get with the world.

[Speaker 2] (59:48 - 59:50)

That's the world, but the other thing is no good.

[Speaker 1] (59:54 - 1:00:56)

However, you'll never know that it's no good until you get it. Get it first and you'll see that it's no good. Now, when you first get it, there's nothing nicer than saying I'm unfortunate, right?

Don't let that happen. Especially for those who attain Some of them commit suicide. Let's cut the red down.

A good number of them go to drugs and alcohol. And a smaller number adjust to it. Now, who has changed things for you?

Who has changed things for you? He adjusted. Adjustment is toleration.

He's not in a... What? He is now?

[Speaker 2] (1:00:57 - 1:00:58)

Well...

[Speaker 1] (1:00:58 - 1:03:10)

But when he first let go of acting, he went into painting, and he's living a nice life away from the eyes of the public. There was a period there where he did that. Well, got him in the end anyhow.

So when you attain that same unfortune together, you're attaining the most of it, and it doesn't bring happiness. And it causes frustration, it drives people to drink, to get their PBs, their doctor's prescriptions, drugs and drinks. I'm really saying that the world, the spiritual world, doesn't get it for you.

We've been spiritual for thousands of years. Look where it's gotten us. The spiritual world doesn't get it right.

They try to give it to us via the mind. Thou shalt be good, thou shalt not be bad and burn in hell forever. See, they're telling us what to do.

When we hear it mentally, we say, Yay, yay. Praise the Lord. There is no spiritual, physical.

There's a oneness. And people who separate into spirituality are into separation in their minds and not really moving ahead. Take spirit.

Hi.

[Speaker 2] (1:03:11 - 1:03:12)

Hi.

[Speaker 1] (1:03:12 - 1:27:13)

Good morning. Love you all equally, thereby holding on to every one of you right now are free, whole, complete, eternal. You're coming closer to that thing called freedom.

I do everything within my power to help you get there. There's nothing more in this world that I want than you to go free. Unfortunately, I can't make that, can't put you on.

I can pride you, tell you it's the greatest. You'll never stop until you get there. Everything you're looking for in your every little thing in life is it with a capital I.

You're going to scratch, scratch, scratch until you get there. So why not now? By the end of this super intensive, I would like to see every one of you know exactly what it is, this thing called freedom.

Know what it takes to get from where you are to there. This is a very short U-turn. This infinite being, your real self with a capital S, there is nothing more intimate, nothing, no matter how much you're loving someone out there, there's nothing more intimate than your very own self with a capital S.

And you're beating and beating and beating out there trying to get right here. It's as difficult for you to discover this infinite being that you are as it would be right now to discover your ego name. Because you are it.

You always have been it. You always will be it. And on that you have no choice, thank God.

But you see how ridiculous it is? Why don't you just think and have what you want? You can think of BMW, Cadillac, and Mercedes, and Maserati, you can have them all, just for the thought.

How many have read the autobiography of the 80s? The reason why I suggest you read that is it brings out these points. It talks about people who have done these things, who do these things.

They think, Babaji in that book materialized a palace of gold studded with jewels. Use it for a specific purpose, and then let it go back into back into infinity, I guess you could call it. But just a mere effortless thought created that palace of gold studded with jewels.

And he created it to bring up and have satisfied a very deep wish in his disciple Lahiri Mahasaya. And so he initiated him in that palace. And that was a wish from I guess many lifetimes prior to the one that he was in.

Why don't you do it? Any answers? You believe you cannot.

If you got rid of the belief I cannot, it's natural. It's like breathing. Where are your I cannots?

They are all locked into, I'm afraid I can't, Ag flap contains all your I cannots. Release the Ag flap and whatever you think will happen. Because you don't impose on others, you don't show so-called miracles, which are the easiest thing you ever will have done in your life when you do them.

Miracles will be the easiest thing you ever will have done when you do them. Because it's a mere effortless thought. And there it is.

Okay, what is this thing freedom? What do we need to remain there? I think you need to identify exactly what it is you're doing in life, exactly what it is that'll take the blinders out to what you are now.

What are you doing in life? Chasing after happiness. Anyone here that's not in accord with that?

What is happiness? Here's your first good thing to identify with. What is happiness?

Does anyone think he or she does not know what happiness is? I believe for most of you it's satisfying your desires. And you attribute the happiness to the thing that helps you satisfy that desire.

Therein you're dead wrong. Therein you're kept in bondage. And the more you try to

satisfy that desire, the stronger that desire comes and the more you need that.

And never, ever satisfying that desire. If a desire could be satisfied, you'd have it once and that's it. So I say, stop chasing rainbows.

Stop creating lacks. It's called desire. And momentarily letting go of that agony of lack and just being yourself.

Where the only happiness is, the only joy that you experience is in just being yourself. You quiet the mind, you satisfy the desire, the mind goes quiet and you're being. That's all there is to it.

Why is that difficult? I ask you, are you? And you say, yes, that's it.

Be. But don't be a bumble bee or an agitated monkey, you know, in the world. Just be.

But discover what happiness is. Don't let go of it until you realize that every ounce of happiness you have is only when your mind goes quiet and you're being. I think that one thing there could really get you over the hump into mostly beingness.

Another thing you must identify with is what is the ultimate state? Is it happiness? And it isn't.

It's on the way to the most delectable state. Happiness, joy, all that has a certain action, activity in it. And as you get freer, it gets more and more intense.

Until it gets so intense, you can't stand it. It's great for a short while. Try to let go of seeking happiness and in place of it, seek peace, quietude, tranquility, imperturbability.

When you're in a place where no one and nothing can ever disturb you again, it is such a delectable state. It's way beyond the highest joy. And that is the place of freedom.

When you're in that state, all you're doing is identifying with, oh, I am, I am, I am, I am, I am. And I am. I am lesser, I am this body, this mind, I got this thing, I got these troubles, I got this happiness.

Just only I am. Better than that. I, I, I, I, I.

The ultimate state is a state of I-ness with nothing added to it. Just I. Not seeing the body, mind, some totaled into ego.

Okay, what effort does it take you to be? How many miles do you have to drive to get to be? What do you have to do to just be?

Nothing. You see how silly your whole lives are? Struggle, uggle, struggle, uggle, ugly, struggle, uggle.

It's like a mass institution of insanity. Everyone scratching and fighting and struggling to be. And everyone is.

But identify. What is this thing, happiness? What am I doing?

Where am I? Recognize happiness as quieting the mind. And quieting the mind is getting rid of the motivators to thinking, called feeling.

It's so simple. As long as you have feelings, your mind is active 24 hours a day, on guard to survive. Every emotion is a program for survival.

Does anyone have difficulty in seeing that every emotion is a program put in for survival? Does anyone have difficulty with that? So when you let go of all those pro-survival programs, you're not on guard, your mind goes quiet, and you say, wow, I am, always were, always will be.

Omnipotent, omniscient, and omnipresent. Instead of sending up, what's that thing you sent up yesterday? The, uh, thing that, the shuttle.

Can't you see everything we're trying to do in life is to cut short time, space, effort. Unconsciously, everyone is struggling to collapse time, effort. There's a lot of trouble we go through to do it.

We can't do it going out there. When you let go of all these limitations, and a fragile body, and if I raise the temperature ten degrees, I die, or if I eat the wrong thing, I'll die, or the air isn't just the right way, I die. Instead of that, identify with yourself.

You'll discover you created the universe. It's there by God. You created the universe from infinity to infinity with all those huge stars, systems, and then created a black hole for your mind.

But identify with what happiness is. Start taking it right from its source, just by being. Only.

This does not spoil relationships. It can only better it. Because the more you go there, the more you discover about everyone you want to meet.

There's no more intimate relationship than identity. Be the other one. You can't get closer than that.

Identify what happiness is. And then when you discover what happiness is, then move on to the quiet place, the imperturbable place. And I think now you should make direct motion toward the quiet place.

You do not end up in a closet when you reach there. You could if you wanted to. But what happens is point of view.

That's the only thing that changes. If you reach the top state, you see the world as an out-projection of your mind. Just like you project things in your mind in sleep.

You get yourself in a room under some blankets, and then you'll dream of a vast city. How does a city get into that room? Into your bed.

Exactly the same way this world comes into your experience. You're not in this world. You pull this world in you, into your mind.

Get that mind quiet. And once it's quiet, any thought you put in that mind will materialize immediately. And so long as you have access, it's a constant grinding and pushing you outward.

Your attention's out there, and you're struggling to survive a carcass that does not survive. That's more than we get. We fight 50, 70, 80, 90 years to accomplish something that every one of us knows is impossible.

This physical body goes. But once you see the truth, you've got no choice. You're eternal.

And your point of view is that when you're ready to let go of the heavy overcoat, you'll do it with a big smile on your face with it. Knowing that if you want it again, you can create it or a hundred others like it. But you don't do it because the physical body is the greatest obstacleation that beings anywhere in the universe can have.

The physical body is the densest state man can get himself into. So if you do like bodies, you'll travel around in a subtle body, made of a much finer substance. It's really made up of light particles and it'll go instantly anywhere.

Gasoline. But I mean it when I say now you should start doing these things. And it's mere thought.

When I first went to the ranch, I left New York only because people around me were annoyed by what I was. I guess the power was too overwhelming for them or something. So I decided to park the carcass out there in an isolated spot.

And I was not aware of the fact that everything around me was a miracle. Because when you're there it's like breathing, you don't notice it. When people came in they began pointing out all the unusual things.

It's funny, to satisfy them I thought I was doing things their way. Like one time, the car I got now stopped working. I said there were two girls in the car.

Well, it's a starter, it won't start. I get a screwdriver and I fix the starter. I get back in the car.

And Frances got in. Furious, out laughing. I said, what are you laughing at?

She said, what did you need the screwdriver for? I said, just fix it, didn't you see me? She said, yeah, you just touched it.

And I thought back, I said, gee, that's bad. I rode around in that car for two years with two dead cells in the battery. So almost every time I go to start it, it wouldn't start.

I just let go, everything was perfect. It started up. Until one day I was down in Phoenix with my friend Tony Sarentidis.

I had to take him to the bank. I get back in the car, I hear that click, a little sound, that was it. There was a sign, Atlas Batteries across the street.

Something within said, do it their way. It cost me $23. Without thinking, I used to walk through trees, through barbed wire fences, standing over a rattler.

Someone took off like a rocket. She was an old lady, she was in her late seventies. Never saw a moose like that.

I watched her, and she got up. I said, what's the matter?

[Speaker 2] (1:27:13 - 1:27:15)

Snake, snake, snake!

[Speaker 1] (1:27:16 - 2:09:18)

I walked down, it was right between my legs. Okay, and I walked on. Nothing will ever touch you when you're in that state.

But the point I'm bringing out is the effortlessness of living. When you reach there, the snake was there, the car was there, the dead battery. But it's meaningless.

A mere effortless thought, and it's the way you would like it to be. But you don't go around 24 hours a day trying to survive a body that won't survive. Get that mind quiet, and that top state is natural.

Identify what happiness is. Discover it's you being you. From there on, take all your happiness from you.

And keep releasing until your fears of dying almost overwhelm you. But then you're able to handle it. Release them as fast as they come up, and you're free.

It's not the final step, but it's getting very close to it. Once you release the fear of dying, you'll discover the next and last step. And you don't become an idiot, a zombie, you just become the universe.

Your beingness, you see, is the total beingness of the universe. But the point of view is entirely different. This thing here is just as real to me as your night dream.

Dreamingness would be real to you after you wake up. Say, I woke up, and mind went quiet. Oh, now I see.

So after you see the dream nature of the so-called waking state, which turns out to be a sleep state, you're just as much asleep now as you are when you're dreaming in the night time. But you classify it as a waking state. So when you'll get your mind quiet enough, you'll discover this.

That this is a dream, creation of yours. And what happens to the body is you just let it go its way. You forget about it.

You give it its just due. Or even if you don't, it doesn't matter anymore. It's only a thought.

Your body's only a thought. And when you do these unusual things, like I was around the first time I teleported with others. And believe me, it's just as much a surprise to you as it is to anyone watching.

Because it's not really something you do. You get yourself out of the way. And it happens.

Not just walking back from a hike with two others. You know, I was tired, and I said, oh, there must be a better way. I said, sure, everything is perfect.

And I said, her one foot was up a mile and a half away from the ranch. And I said, fix the front foot was just outside the ranch. But there's no movement.

And the surprise to me was the other two came along. And Dimitri couldn't accept these things. That was the biggest of all surprises.

He just couldn't accept these things. And Francis Adam said, after we teleported, Dimitri's brain began to hurt. So I had to shout her down, you're crazy, Francis.

And she said, mere effortless thought. And we were a mile and a half back at the ranch. The interesting part of it is no one really disturbed.

Where we left and where we went to looked exactly alike. But the next day when I asked Francis, what made you think we teleported? There's no motion in it.

Like a lifetime, you think San Francisco is San Francisco. Next moment you think New York, that's New York. That's the way it works.

And she laughed and she said, oh, I know we teleported because we collected a lot of

rocks on the way up to Dimitri and I bypassed them all. And also I could see Quarry Hill, which is on the ranch. Through the trees she saw on the hill on the ranch.

And those things used to happen, actually without premeditation. I think if I wouldn't say, I want this or I want that, it would never happen. You let go.

You let the perfection be. You let the harmony be. Another funny thing happened on that trip.

I was so spaced out in those days and Francis and Dimitri got their lunch together and I was to bring the water. I got a canteen just that size and about that thick for water for three people on an all day hike in the desert. I said, let's not drink until we get to the top.

You start drinking you want more and more water and you get weak. We'll drink at the top and it's easier walking down. We each had two half cups.

I looked in the canteen and there was an eighth of an inch of water at the bottom and I said, oh my gosh what you have done. Another funny thing happened on that trip. I was so spaced out in those days and Francis got and Dimitri got their lunch together and I was to bring the water.

I got a canteen just that size and about that thick for water for three people on an all day hike in the desert. I said, let's not drink until we get to the top. You start drinking you want more and more water and you get weak.

We'll drink at the top and it's easier walking down. We each had two half cups and I looked in the canteen and there was an eighth of an inch of water at the bottom and I said, oh my gosh what you have done, Lester. And I let go.

Everything is perfect. We got lots of water. You want another drink, Francis?

Yes. Dimitri? Yes.

The three of us had seven drinks. I kept pouring. Everyone was satisfied.

I looked in and there was still an eighth of an inch of water in it. Effortless thought. I let go.

We got water. We had it. But every one of you can do that right now.

If you'll just chuck the I cannot. Every one of you has that power at this moment. Been driving all night?

Mike? You feel tired? Feel it.

I just saw you yawn. That's what I want to say. If you feel tired, just let go of wanting to change your tiredness.

And you'll be revived. The energy is unlimited. When you get the ag flap out, you will not want to sleep.

Except if you choose to behave like others. So you join them in your sleep. But sleep is not natural.

Sleep is an escape from the heaviness of the ag flap. So again, identify where you are. Here I am operating like a robot computer called the mind.

The mind works exactly like computers do. We put in the programs and we hit the automatic button and we forget that we hit the automatic button. And from there on we're being run like robots by these programs that we put into our computer.

And the basic programs are approval, control, security. Which further down become apathy, grief, fear, and so forth. No more approval.

No more wanting the control. You're free enough to tackle wanting to survive as a body. You release that and you're free.

Know what your goal is. Identify with what I am right now. You want to know your sum total thinkingness?

Look around you in your daily life. That's it. There is nothing out there but the outpicturing of your mind.

It's your sum total thinkingness manifesting. That's why none of us see the same thing. We see our own consciousness out there.

The example I bring up for that is usually an automobile accident. Five people looking right at it and you have five different reports. We think we're all seeing the same thing but we're seeing only our sum total thinkingness.

It's your picture. Take responsibility for it. Then you'll change it.

The basic law in the universe is absolute harmony. When we are not experiencing it through our computerized programs we're interfering with it. There you are with your computer.

You've thrown it on automatic. You have zero free will in this life. Whatever choice you make is made by your feelings which are your program.

You have no free will in this world. However, you do have a choice to identify with the programs, with the computer, with the body that the computer has projected out, or to identify with your beingness. But you see what you're doing?

99.999% of the time you're identifying with the body-mind. You do have a free choice to

identify with your beingness or with the ag-flat. So take responsibility for what you're projecting out there.

Reduce the ag-flat and watch the reduction of the agony out there which will encourage you to do it more so until you undo the whole thing. Everything in life is a waste of time except going free because that's what you're struggling for and you'll never ever stop until you get it. So why waste time?

I expect to see some of you go free soon. How much time should it take? A few months.

If you'll carry out the six steps you can do it in a couple of months without agony. The sixth step tells you. It's all joy if you make it constant.

It's going from one high to a higher high, to a higher high, to a higher high. For a moment you'll feel the garbage come up but that moment you release it and you're a bit higher. The next moment a piece of garbage hits you, you're releasing, you're higher.

Next moment another piece of eye flap comes up, you release it, you're higher. So it's an experience of just going higher all the time. Like when you release.

If you would make it constant you'd get that higher all the time but higher and higher and higher until you can't stand it anymore. Then you'll step into the peace. Stop wasting time.

Now I'm not saying quit work. I'm not saying break up your relationship. Use work.

Use relationship to wind it up in a couple of months. You could do it if you do it. Where are you weakest?

Step number one. Your want for freedom is less than your want for the bondages of the world, for the limitations of the world. You've got to get step number one in and all the other steps will fall into line for you.

When you want freedom more than you want anything else, you'll get it quickly. A month or two. Because you'll carry out the rest of the steps with ease.

But you're wanting things of the world more than you're wanting freedom. Which is obvious by where you're at. Working for a living couldn't be more stupid once you're free.

Work for a living. You're eternal. What do you mean work for a living?

But if you have to, right now, stay with it, but use it all the time for releasing. You don't like working. Or even if you like working, you can release that.

We have to release the upper area, courageousness, acceptance, and wanting peace.

The last thing you do release is wanting that ultimate state. But that happens on its own.

So I say, I am it. I am there. That's it.

So to sum it up, identify where you are. You're a beingness, you're a mind, you're a body. Your beingness creates your mind, which creates the body and the interior world.

See that you're got a computer going, you threw it on automatic and it's running you. Make the decision to hell with this being pushed around. Always get that picture of a donkey working all day long after a carrot.

That carrot is the world out there. We're just as smart as that donkey is. We're after that carrot.

All we need to do is stop chasing it and be. And that's it. So deprogram that computer by ridding yourself of the ag flap, the wanting of approval, the wanting to control, and finally the wanting to survive as a physical body.

And it'll take as much time as you so decide. It can be in months. It should be in months.

But check yourself. You don't believe you can have things just for the mere thought of it. And yet, I know a lot of you have already experienced miracles.

And you still don't buy it. So I'm pleading with you. Stop the nonsense.

Be free. By the time this course is over, know exactly what it is you need to do to go free. To get out of the having the state into the doing the state that's put into the being the state.

When this course is over, you should know exactly what it's all about. No doubts as to where you are, where you're going, and why you're not there now. Okay, I think I'll end on that.

I'd like to take up where I left off last time. To try to get each one of you to identify where you're at, where you're going, what you need to do to get there. Is there anyone who feels that he or she does not understand that?

What freedom is? What I am now? What there is in my way to get there?

Is there anyone who does not fully understand that? Okay, bye-bye. But that's great.

I didn't hear you, Michael. No, no, I think that if I really fully understood what freedom was, I'd probably be there. That's true, but within your mind you can understand that I am here, and up there is freedom.

That nice, perfectly quiet place. And that the only thing that's keeping me from remaining there is the noise of my mind called thought. We all think now that we are

egos.

It comes out fun, ego, e must go. And ego is the blight upon ourselves. When the ego is gone, you're abiding only in your beingness.

Seeing everything external as an out-picturing of a camera you set up called your mind. Which you have filmed with banks and banks and banks of films called programs. The heaviest of which are emotions, feelings.

The ego is a sense of separation from the one, or oneness. When we identify with our beingness we see no otherness. Not only are you me, but every atom out there is me.

Or, if I let go of the projection, I only am. And that's the greatest state possible. It's the end of the line or the beginning of the line.

Understanding, as Michael pointed out, is actually being it. If you want to know what a dog is, be the dog. If you want to know what a tree is, be that tree.

It's possible. If you want to know what freedom is, be your beingness. So we separated ourselves originally from the one.

In order to do that, we need a mechanism called the mind. Which is a screen of reflection of the multitude of parts. We set up the mind and into the mind we program all and everything that we now experience.

We have lost sight of the fact that we came from a place that was all-knowing, all-powerful, everywhere present. And projected out the mind which projected out the universe, the material world. And we liked it so much, and got caught up in the play of it so much, we forgot our beingness.

And began to think that we are those films we're playing out there. We have really gone to the extreme. I'm going to draw on here how the thing started and how it ends.

We come out of all beingness, which when you're in it, it's just awareness only. You're aware, period. Now you've all experienced it, but you discount it.

You think you must be aware of some thing, or someone, or some action. But when you're in beingness, you're just only aware. And because you're beyond the mind, there's no memory of the beingness, but there is a memory the moment you come into mind.

You want to go back immediately, but because you've gotten involved in mind, you just can't easily get back there. So up here we create a mind which creates a body. And someday you're going to see that you created the entire physical universe, that the only place where that universe is right now is in your mind.

And that's provable. If I knock your mind out, where's the universe? Gone.

Or if you go to sleep and don't dream, where's the universe? Where's your body? Where's everything?

Gone. Don't wake up. You'll never see it again.

But you remain. Now the state of sleep without dream is the state of being. You're in the ultimate state when you sleep and do not dream.

But you're so in the habit of thinking that which is must be the physical, the only thing you say about that wonderful state is, oh I slept well, it was nice. But if you could get into that state of sleep consciously, you'd remain there. Unfortunately we cannot remain in that state.

We have to come back to our program called the world, the universe. We have to undo them. Get the banks, you know what banks in a computer are, and pull them out.

Pull out all the disks, all the tapes, everything. And when all the programs, all feelings, are out, you'll just only be. And that's the ultimate state called freedom.

And again, you'll never stop scratching for it, and digging for it, and fighting for it, and living for it, and dying for it. And everything you're doing is trying to get to that ultimate state. We call it happiness before we get there.

It's beyond happiness. However, please get happy. Get happy 24 hours a day.

See, then you're up close to the free state. And you can remain happy all the time. You're on top of the chart.

And you're in a high place on that chart, which will allow you to let go of everything, and just step into that quiet place, that tranquil place, which is so delicious that when you touch it once, you'll never stop until you sustain it for all time. It's a happiness, but remember the top state is above happiness, no matter how happy you are. The top state is imperturbability.

And you don't have it until you move into it and move through the world imperturbable. Regardless of energy crises, wars, hydrogen bombs, quakes, regardless of all those things, your tranquility cannot be disturbed one iota when you're there. Because you know it for what it is.

It's a mentation. Everything you're doing is within your mind. Undo the mind, which means quiet it.

And you're in your pristine state of beingness. The reason the mind is not quiet as you know is your thinking. And the reason you're thinking is you're trying to satisfy your

feelings.

Every one of which was put in to automatically keep the body surviving. And you've been doing this for millions if not hundreds of millions of years. And the programs, the automatic programs are called axlaps and so forth.

So as we keep releasing the axlaps, the need to stay on guard 24 hours a day to protect the body lessens. We become more at ease. Quieter.

More peaceful. And more loving. Because love is our basic inherent nature.

When I say love I mean the highest love there is. Where you'll treat the strangest stranger better than you'll treat yourself. So all we need to do is to get the garbage up and get it out.

First at the level of approval control. You all know that every other feeling is wanting either approval or control. And when you're rid of approval or control, you're rid of everything underneath it.

And when you've undone an appreciable amount of approval control then you can really tackle the wanting to survive in the body. And when you hit it, if you'll just stay with it a week or two and keep it going there'll be no more fear of dying. And you're so close to the top state that you can easily make the choice to go into it or to remain where you are in your circumstances in the world.

The majority of people who reach the free state isolate or disappear. Some of them go out in a flash of light when they don't have family connections and so forth. Some of them have left a notice to their family that they've left.

They just dropped their physical body. And a very small percent decide to stay here and help the others discover what they discovered. They are the Buddhas, the Christ's and so forth.

You will know what you want to do when you get there. Before then it's very difficult to know what you're going to do. But know that you don't disappear.

You don't lose your mind to insanity. And you do not die. Now the reason why you haven't gone free already is the fear of dying.

You put all these programs in for survival and you do feel if I let go of these programs I'll be dead. The truth is exact is the exact opposite. As long as you're encased in a physical straitjacket you could not be deader.

But this you discover when you get out of the straitjacket. As long as you're encased in a physical straitjacket you could not be deader. But this you discover when you get out of the straitjacket.

You might choose to move into a subtle body. The astral body which is made up of substance but much finer than anything in our physical world. And which will travel by mere thought.

Which doesn't have to be fed. Which is something like the bodies you see in cartoons. You know they squash them down flat and they bounce right back.

Because in your astral body you're in the realm of thought only. Not thought making physical as much as just thought only. And whatever you think is immediately.

And if you choose to work with the rest of people that's the avenue that most of the great ones have taken. They leave the physical. They move off into the astral realm.

And they help and guide us from the astral realm because there's no limitation there. Jesus who dedicated himself to everyone could right now talk to everyone if everyone wanted him to talk to them. And could accept it.

But in the physical body he's extremely limited. On the other side the limitations are gone. So the majority of those who go free work from the other side.

And it's a team. It's an organization without any organization. And there's no highs and lows.

They're all together. They've dedicated themselves to helping and guiding the evolution of this planet. I'm telling you this for one reason being that in the near future life is going to become more and more difficult.

We subconsciously knock out all our props. Smartly so. So we have to rely upon ourselves.

When your jobs are gone, your supermarkets are gone, the air can't be, I don't want to go too far down that way, but things are going to happen where you'll put yourself in the position where you'll survive just by knowing I am. That everything out there is an out picturing of my mind. And if I don't like the picture I can change it just like that.

Now what happens if somebody pictures catastrophe and I say picture harmony? And we're standing side by side. And that one who's picturing catastrophe pulls in a hydrogen bomb explosion nearby.

What would happen? You'd watch them disintegrate. No.

It wouldn't touch me if I'm in harmony.

[Speaker 2] (2:09:18 - 2:09:19)

I don't even see it.

[Speaker 1] (2:09:20 - 2:25:26)

It's not there for me. I used to think in New York City that every time I went down a west side highway at high speed and there's a whole traffic jam up ahead that they opened up. And I went through.

And I was convinced. Somehow they always opened up a way for me. It was only a week or two ago.

I was talking to Virginia about it. Oh my gosh, that doesn't happen. How could a half a mile long of traffic suddenly open up?

It's only a two or some places three lane highway, the west side highway. What happened there? I began remembering.

Sure enough they opened up and I went through. But that was my picture. Their picture was all jammed.

So I must have gone right through them. That was my picture. So if someone's alongside me pulling in a hydrogen bomb, and I don't see it, there is no hydrogen bomb, it can't touch me.

It's not my picture. I hope you're beginning to see that there's nothing out there but your picture. We think.

We think we're seeing the same thing. I always bring out an accident. Five people watching it intently come out with five different reports.

And each one would swear by the Bible. They saw it. Right.

Yet there's certain agreements you pick. You and Howard get together and picture having children in common. And when you look at the children, you think he sees the same thing, but he doesn't.

He sees what he sees, you see what you see. You see your picture. But there are certain agreements to varying degrees.

And we have picked certain agreements like if we raise the temperature of the physical body ten degrees it dies. What a dumb agreement. We'll drink coffee or tea more than ten degrees hotter than we are, it doesn't kill us.

But if the temperature of the body goes up ten degrees we die. It's just a program. This is how far we've gone in our stupidity.

We need oxygen. We eternal beings need oxygen in order to survive. Only if that's your program.

By releasing approval, control and security you let go of those programs of needing oxygen, needing food. It was never meant that we take other life and rot it inside of ourselves to stay alive. And this gorgeous thing we have that we spend almost our total time in keeping up is a garbage producing machine.

Take your attention away from the body, give it it's just a do. Stay away from these programs of vitamin A, then you get B then C, then D, then X, Y, Z, then I have A, A, B, B in time. Can't you see it's always changing your diet?

They're always changing, they don't know. The problem is food, don't eat. Take your energy directly.

You're doing it anyway but unconsciously thinking you're getting it from the food but there's only one energy, cosmic energy whether you call it food or gasoline. Think in the directions of getting it directly until you experience it and then you can cut out food, air and never die. Now releasing these programs is simply undoing ego programs.

Ego is the sum total of our programs and there's an expression when the ego is zero God is all. When there is no more ego we identify with our beingness only. What the world calls God is the infinite beingness of the universe.

If we have beingness we're part of that. When you identify with it you discover you're the totality of it. Now wrongly thinking you're one infinitesimal part of it.

You're like an ocean imagining a circle around you calling yourself a drop and saying I'm a drop, I'm not the ocean. So when you take that bondage of that circle and get rid of it you discover you're the ocean and this is what happens when you rid yourself of all your programs. You're as free right now as you are imperturbable.

If you want to check yourself look out there and see how much you are disturbed by things especially family close ones and after that money. See how much you're bothered by these things and you can begin to get an idea of where you're at. Every one of you are far less disturbable now than you were before you started the course.

You must continue it until there's no disturbance whatsoever. Now it's hard to judge one who is free because we play acts in the world and some of the free ones especially in India they go around like madmen, crazy. Purposely so to keep the dead ones off their back.

Because anyone involved in the world wouldn't you mean it isn't a miserable world? You can't even see it. And they're trying to throw pictures at you that are non-existent.

They're trying to make you come down into misery which you don't want to and won't and so you need to step aside, step back. That's why most of them go into caves or disappear or act like madmen except for a very small figure is maybe a few percent of

them will come back here and work with us to try to awaken us to the fact that we have no limitation also. Now that we're getting more apparatus I've always had the hope from the first day of the course to get an electronic machine that tells you I am totally bound, I am totally free.

Could be done. Your disturbance, your inner disturbance can be measured because it's automatic. But if we had a scale from zero to infinity it would all be done right at the bottom there.

So we would set up a scale from zero to part way to infinity and it could be measured in figures. Maybe someday we'll have it. But there should be a way for you to judge you as to where you are on the scale of freedom.

And the best thing is imperturbability. How much can I be disturbed in the most stressful situation? Now if you use that same situation and keep measuring yourself against it you'll see your growth.

If you want a good one dying is a good one. You can see yourself falling off a cliff, walking in front of a moving truck. Hold on to it.

Well that's too strong for you maybe, but get some situation that you're comfortable with and keep using that again and again to measure how much disturbance you have let go of. So the ego sense drops away and that's kind of obvious. When you let go of your ego you never think of yourself anymore.

You can imagine that. You first begin thinking of others and then when you so decide you want to move out from the others you don't even think. The free state is an intuitive state and you can talk 24 hours a day in that state without having a single thought.

It's talking from your gut. It just flows without any premeditated thinking. I know some of you have experienced this to a degree especially if you're creative.

It'll just flow out without any thinking and it is the best of whatever it is you're doing when that happens. So ego, you must go and when he's gone the only thing left is beingness. When we come out from the top we set up an idea of a body that looks like this physical one but it's made of such fine substance it's hard to imagine how fine that substance is and everything's an idea up in this state.

The moment you have an idea that moment is fulfilled and that state is they call it the causal. We dwell for eons in the causal astral state and we dwell for millions of years in the physical. Now as we come down we go into the astral state which again is much finer than the physical but there's action, cause and effect and so forth but it's almost instant.

To go and do and visit and so forth is not as fast as it is up here. Up here the moment you have an idea it's fulfilled. It's a realm of ideas.

I guess I should tell you every one of us is in the three states right now. You see the top state you can't lose, you just densify it, you make it more dense and then more dense. When you get down here you get so dense you don't see your astral and causal bodies and you think you're in that body you've lost sight of the fact that you created the body and that the body is in you.

And again some of you have had experiences where you've seen the body out there. Someday the body is out there all the time. You just projected the picture out there and if you don't like it you can change it instantly.

Most people who can do that keep the body about the age of 16, 18 indefinitely. They don't get any older looking than that. I can see this would sell better than oil.

[Speaker 2] (2:25:29 - 2:25:31)

Why so young?

[Speaker 1] (2:25:32 - 2:25:52)

Why so young? It's a more perfect state than an old state. That's all.

Everything works better, looks better, feels better. Right? In a teenage body.

That would take a long time.

[Speaker 2] (2:25:53 - 2:25:54)

I can't remember.

[Speaker 1] (2:26:00 - 2:26:25)

Well, more basically we don't want to die. Right? If we stay 18 we can't die.

We've got to get to be 80 to die or more. So the concept of youthfulness has the implication of not dying. Can you see that?

[Speaker 2] (2:26:32 - 2:26:34)

So that's the limitation.

[Speaker 1] (2:26:39 - 2:51:54)

As long as there's a body there's limitations. Can you see that? As long as there's a body it's a confinement.

When you identify with your beingness you're omnipresent. When you identify with any body you're at that spot only. I'm trying to take knowledge up here and bring it down to where it's understandable to you so that you can use it to get out of here and go up

there.

Am I communicating with everyone? Is there anyone who's not getting these concepts? I think you should know that answer.

I want you to know it. If I had the answer I wouldn't present it. I want you to know it.

What I know helps you learn. No, I mean you would know if we're getting it or not, but you're asking it for another reason. To see if we know it.

It's helpful to you if you know it. It's not helpful to you if I know it. I'm saying that you know if we know it or not, but you're asking that question to see if we know it or not.

Not if you know it. For you to look at it and know it. Get to know it.

It's not a question of what I know or what you know that I'm here for. I'm here to get you to know it. So if I ask you, do you know it?

You've got to go in that direction. Do I know that? Talking about knowing.

I keep repeating the thing that helped me so much. I only know that which I can do. Not think, but do.

I only know that which I can do. How intimate am I? I would keep posing that question.

It kept plotting me by showing me how far down the line I was. Until finally all the powers in the universe drop into your lap. All your confinements are gone.

And you can prove them to yourself if you don't want to prove it to someone else. It's sometimes very disturbing to others when they see someone with unusual powers. Which everyone has in the first place.

So you don't necessarily show it. But because I was trained as a physicist and had to prove things out, that happens to everything that I did before I accepted it as a good physicist would. You think you're in this physical body.

The reason why you're bludgeoned, you're just, you're holding on to the lifeline, you know, by your fingertips. About to die any moment. It's the way we go through physical life.

That's why I drew it that way. But we operate the physical body with the astral body. Our minds are in our astral body.

We contact the physical body in the lower part of the neck, the medulla. And through here we operate the body through the brain. Which is only the switch board that connects up all the parts.

There is no thinking going on in the brain. So when you read these theories of left brain, right brain, that's all put out by lame brain. And everything they're doing with the brain is in a physical realm which the mind is not in.

And so they cannot understand man's behavior. But knowing that the brain is in the astral body can be used to your advantage. If you get involved with spirits, entities on the other side, and many people do, I don't know why, probably a carryover, you never ever have to fear an evil spirit.

Because these characters on the other side in the astral, what to them is their real brain, what to them is their real reality is their mind. Everything is mental there. And whatever we do mentally to them is real.

So if you've got some evil spirit trying to beat up on you or do something to you, you just mentally hold what you want and this one's locked it away. You never have to fear the other side, the astral. They can take an astral stick and beat on your head and beat on your head and it goes right through your body and you don't even know it.

Unless you're psychic. If you're psychic it might hurt you. So if someone's got some evil potion or some evil sentence and so forth, you just smile at it and you just know they cannot touch you and they cannot.

As you move up, start going back home, the characters on the left side are jealous of your state. You see, we're ahead of at least one half of the people in the universe. More than one half because we're coming up off the bottom and more than half are on the way toward it.

But these people are what are called the jealous god. They have powers just like someone moving up here has powers and they're equal in powers. They can mentally manipulate the physical matter.

Things like that. But when you start moving up, the ones behind you, because of jealousy try to slow you down. They'll tempt you.

Oh, you're above all that nonsense. You can do it now. You can play with that fire down there.

It won't burn you. And I've watched so many people succumb to these characters because they're playing around with the astral with the psychic. They're trying to develop a power here, a power there without...

The number one program on the chart is separateness. The very first program we put in is wanting to be separate from the one from the oneness. The oneness is our beingness.

It's omnipresent. Right now your beingness is everywhere present. We start cutting

ourselves off from it by saying I'm going to be separate from it and we put a circle around ourselves to encase our beingness into a thing called Mind-Body.

Our beingness sets up a mind which imagines it's a body. So everything you do and will keep on doing until you reach freedom is to undo that feeling of separateness. On the chain of separateness comes mind, body and everything to do with the body.

Other bodies mama, papa children husband, wife it gets more and more involved as you move out from the top state of oneness of beingness. But this beingness that you are is always there. There is nothing more intimate than this infinite beingness that you are.

When you say I, that's it. When you add onto it, that isn't it. That's what you need to let go of.

You just say I I, I from here on you'll be there. But the moment you add something onto it, I am this body or I am this mind or I am, that's not it. You're separating you're imaging being in your mind more than the oneness.

And the more you image the further away you are from that top state of just being. Because you're being the body, you're being the mind, you're being the husband you're being the wife you're being the child, you're being the friend. And you're, in being the body, you're being involved in everything to survive, keep that body surviving.

But there's one thing you can't let go of, that's the word being. That's the part of you that has no limitation. That's the part of you that you're looking for in every last act you do.

You're unhappy because you're not just being. Unhappiness is just moving away from beingness. So the more you try to be a body the greater your unhappiness.

There is no misery in life when we let go of identifying with the body and just to identify with our beingness. Are you? Sure you are, that's it, period.

Nothing else, that's it. You see the kiss theory? It's so simple.

How do you get rid of all the obstacleations? Ag flap, that's all it is. These programs put into the banks of the mind, keep operating until we release them.

You get these programs out of the mind, the mind goes quiet and your beingness is so loud you cannot help but be self obvious to yourself as to what you are. Truth, reality is that which never changes and there's only one thing that never changes. The reality, the truth, our beingness.

So we start from our beingness, we create a mind. The mind reflects all the parts. The mind creates all matter and when you get involved in matter, everything matters.

And you're just plagued by a bunch of nonsense. So we need to start going back up the chart, ridding ourselves of all these unconscious deep programs, ag flap and so forth. I'm back at the point that I started with when I first spoke to you.

Identify where you are, where you're going, what it is that needs to be done to get there. Does an infinite being have to work for a living? Do the free ones have jobs?

Let go of the importance of work. Of course you've got to do that which you have to do. Otherwise your program says, I will die.

You need this carcass to plague you until you get back up to the top. The only purpose for being in this world is to discover our freedom. The only purpose to come here is to get rid of all the limitations.

And where are the limitations? In the mind. I'm afraid I can't.

I'm guilty. I don't deserve it. I'm angry.

Apathy. The whole purpose of being here is to rid ourselves of all these mentations that are deeply programmed and are the accumulation of many, many millions of years, millions of lifetimes. And yet when you're released at the bottom line, you can go free in a matter of months.

Getting it constant gets you there. The momentum, like you're into now, you're able to release. As you release you get high.

From the high place you can reach down deep and pull up the fear of dying. When you're free of that fear of dying, there'll be a much stronger agony, the feeling of separation. But because you've released so much when you've let go of the fear of dying, you can handle it.

And you throw out the feeling of separation. And you're there, with a capital T. Now you must take responsibility to rid yourself of that which you have accumulated over the millions of years.

If you don't take responsibility, you have programmed in those things and you're saying, I've got no responsibility, I have nothing to do with it, so it remains. It's so important for you to take responsibility. And when something bad happens, say, gee, look what I did.

Cause a smash-up. It takes an ability to do that. But if you take credit for the things you create that you don't like, it keeps you in the driver's seat.

It keeps you in control. And as we know, control is not a bad word, not a bad thing. The want of it is.

When we're free, we're in total control of the universe, by mere effortless thought. When

you're free, your mind is quiet. There are no thoughts there.

So any thought you put in the mind is so concentrated, it happens like that. Your mind is plagued with probably tens of thousands of thoughts right now, all tied into the Ag flap. So when your mind goes quiet, it's concentrated.

And any mere thought happens immediately. It's such an effortless thought. That word effort is a good word to judge yourself by, check yourself by.

To the degree you have no effort in life, to that degree you are free. You don't realize how ridiculous you look, scratching for a living. It's such a...

well, I won't say, but you must get to the place where you master the world. Because if you're not winning, if you're not a winner, you have anti-programs. I can't be a winner.

You must become a winner. You must achieve your goals so that you can bring up the anti-winning, the anti-goals and rid yourself of them. The aversions to the world are stronger and far more subtle than the attachments.

So when you go to be a winner, when you go for goals, up come your aversions, and you need to become a winner just to get the garbage up and out. What did you say? That your aversions were stronger?

Your aversions are stronger and more subtle than your attachments. Your attachments are obvious. I want this, and I want that, and I want money, and I want beauty.

Those are obvious. But the fact you don't, the things you don't want, you don't look at. And that develops resistance, suppression and resistance.

So goals are very important on your way to becoming a winner. I hate to bother someone in bliss over there, Mr. Arona. Do you still run your goal charts?

Are you in as good a position as you used to be when you were running them? What you're doing is you're right up on releasing the blocks to being a winner. You've got to be a total winner in life.

Think and have it happen. If I remember right, you wrote a goal for an important part in a Broadway show. Correct me if I'm wrong.

And I saw you in a terrific part, really fighting your way through. What was the name of it? Knockout.

And you were a knockout in it. I think during that time didn't you write a goal to get an important part in a Hollywood movie? Didn't you get a part in Cruising?

And during that time didn't you write another goal, six figures, to make six figures? And

you got it? And then your goal was to buy everything I wanted, sports car, home, and you got it.

Then what happened? I didn't need any goal charts. I got a cigar in my mouth.

I'm a big shot. I'm not picking on you. That was the time when you could have really made a big forward spurt.

I invited you. I said, why don't you join us? You didn't want to.

You were above the Sedona graduates at that time, remember? It was pride. But the important thing, you stopped making goals.

[Speaker 2] (2:51:59 - 2:52:22)

The words, I stopped.

[Speaker 1] (2:52:23 - 3:06:02)

That's all. You stopped. You take the six steps.

There's no stopping in the six steps. You said to me, after I got it, I'm just releasing constantly. And you were as giddy as could be.

Remember? You were into step six. Nothing knocked you down.

It just kept moving up. Had you stayed right there, you would have been totally free in a month or so after you spoke to me that time. But you stopped.

You wanted things of the world. At that moment, you forgot it was your inner happiness that was so great. Not the things of the world.

Because when you got one Broadway show, that wasn't good enough. You got two movies that wasn't good enough. You got three six figures that wasn't good enough.

It's alright. Keep on winning. But get to the place where you can think and have things happen.

Try to transcend having to work for a living. That's for slaves. That's not for free people.

I'm sure most of you have created things for the mere thoughts of them. Now, if you can do it for one thing, do it for everything. It comes in a yes, but.

And that yes, but is the remaining ag flat. So use your gold charts. Get rid of the ag flat.

And move into the state of just being your beingness. You move around. You might have a silly smile on your face, but you can learn how to wipe that off.

You won't disappear. The only thing that changes is I am me. That body is a creation of my mind.

The mind is something I set up. I am whole, complete, eternal in my beingness. And the body becomes of little importance.

Once you recognize, you created it mentally. And that you have used it to help sink yourself down into limitations of the body. I guess what I'm saying is don't get frightened over going free.

All your programs were put in as pro-survival. Every bit of them is anti-survival. Feed that to that mind of yours.

Every bit of every program which was put in as pro-survival is anti-survival. This ought to help you let go of the fear I will die if I go free. You're there right now.

But what stopped you is what I was talking about. Fear of losing what you have now. You never lose.

You never give up anything as you get freer. You take on more and more and more. Correction.

You lose your miserable toys. Your miseries. But when you go free, you walk around in a body.

You'll eat. You'll talk. And you don't have to die.

You can keep the body going indefinitely. So let go of the fears if I go free I will die. I think this is probably the number one hold back for all of us.

I will die if I go free. These feelings are going to keep me surviving. They are my protection.

I'll get angry and I'll swing at them. I'll get courageous and wipe them out. Look into your feelings.

Examine them. Identify exactly what they are. They are pro-survival.

But actually in effect anti-survival. We all have that feeling I will die if I go free. All you die to is the miseries.

You take the great ones. Did Buddha disappear when he got free? I think he went back to being prince or king.

Did he not? Did Jesus die? Yeah, but he used it to prove immortality.

He came back in three days. And he's still around. So is Buddha.

Yogananda was a free one. Look what he did. Came over from India and set up a huge organization.

Ran it all by himself. And when he left in 52, I met his disciples, I think it was 54. They were still totally bewildered, not knowing what to do because Yogananda did everything in the organization.

They were paralyzed for several years because he was doing everything. Now he was a free one. Look what he did.

Had three gorgeous properties. Set them up. Had tens of thousands of followers.

An interesting story on his body. I met his disciples. Two different ones told me about it.

He had sick feet. He couldn't stand on them. They hurt.

And one day he had to give a talk at their headquarters out in the open. Probably a thousand or a few thousand people there. They carried him into the car.

He couldn't walk. When he got there, the people were there. And when they got ready to carry him out he said, oh no, not in front of people.

He got out of the car on his own and he walked up to the platform. Marina Lini is the name of the sister who told me about it. She said she looked at him and she noticed his feet were not touching the ground because they hurt.

He levitated up to the platform. No one knew it. Except she and the disciples around him who had to carry him into the car.

Now I tell you that to not try to judge a free one by what he's doing. You pick on Well someone said I took some vitamins. Well wonderful.

What's wrong with vitamins? I sleep. I eat.

So what? The question is do I have to? And the only reason why the Great Ones live like we do is because we can't comprehend them if they don't.

They come down into our limitations so they can't communicate with us. But like Yogananda he had sick feet and he had to walk. He didn't want to show to the public so he levitated.

But I think the real reason why most of the Masters are quite sick at times. Vivekananda all his life had a terrible body. Excruciating pains.

They do it as a reminder to them that they are not that body. Because they don't suffer the body. No matter how much it hurts.

They'll laugh. The body's hurting. It doesn't bother them.

They don't identify with it. They identify with their beingness. Beingness cannot hurt.

You can do the same thing. But try to get rid of I will die if I go free. That's what Michael went through.

Right Michael? You lose everything. Everything's gone.

It isn't. When you're free for the mere thought you can have anything. Sometimes you can have a hundred bodies and talk to a hundred different people at the same time.

Because there are no limitations. And if you read the autobiography of a yogi several of the Masters after they died came back Yukteswar was one of them. He spoke to four people at ten o'clock the next morning in a physical body at the same time.

There are no limitations when we are free. I'm trying to propagandize you into letting go of fear of dying. Of the fact that if I go free I'm finished.

It's just the opposite. You've got to watch that tricky mind of yours. It keeps you down in the dumps.

You shouldn't have to work for a living. You're an infinite being. There are other worlds where people never curse in the work for a living.

Nature supplies an overabundance of everything for the mere thought of it. In fact, as I said last time, there's nothing out there but the outpicturing of your mind. If you picture slavery you're a slave.

If you picture freedom everything comes to you without effort. Stop wasting time on the body. It creates karma.

And karma is a harmer. You can never rid yourself of karma because to every act there's an opposite and equal act. That's the first law in physics.

But it applies to us. As you're trying to work out karma you're creating karma for the future. It's impossible to work out karma.

But what you can do is transcend it. See what you are. And there is no karma.

More specifically, karma is programs. And basic programs are feelings. And the most basic program is a feeling of separation.